

The Earth revolves round the sun  
 Timetable - flight, plane, train, bus  
 match - game

1 Look at the two groups of examples. Then complete the grammar rules.

Examples

People often **get stuck** in their comfort zones.  
 Clubs and societies **are** a vital part of college life.  
 It **seems** as if everyone is speaking a different language.



Complete the grammar rules

- We use the present Simple tense to talk about regular or repeated actions, especially with 'frequency adverbs' like often - sometimes - always.
- We also use this tense for general truths that don't change, and for some state verbs that are not actions, for example is or like.

Examples

We all want to feel **we are making** progress in our lives.  
 Mahmoud's English **is getting** better quickly.  
 Freshers **are gathering** in the hall **right now**.  
 Please be quiet. **I'm thinking**.  
 Many people **think** they can't change their lives.

Complete the grammar rules

- We use the present Continuous tense to describe actions that are in progress at or around the time of speaking, or to talk about continuous change that isn't finished yet.
- Some state verbs, for example think, can be used in both tenses (Simple and Continuous) but with a different meaning, according to whether or not the verb is an action.

Kw: now / at the moment  
 excuse me / Hello / please  
 look! / listen! / hurry! / smell!  
 (still)  
 (prices - age)  
 (next week)  
 This year / this week  
 this day / this month

Reminder

Many verbs (sometimes called 'stative' verbs) can't usually be used in a continuous tense because they describe states, not actions. These include:

- |                                |          |                           |
|--------------------------------|----------|---------------------------|
| like, love, hate, prefer, etc. | remember | recognise                 |
| want                           | suppose  | understand                |
| seem                           | agree    | think (= have an opinion) |
| know                           | mean     | have (= own)              |
| believe                        | realise  | look (= seem, appear)     |

Notice that the last three (in red) can be used in continuous tenses when they have a different meaning from the one shown in brackets.

We **have** three bedrooms in our new house.  
 Sorry, you can't speak to him now. He's **having** a shower.  
 He's **looking** in the mirror and he **looks** very smart.  
 I **think** this bike is cool. I'm really **thinking** about buying one.